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# Examining the Impact of a Compassion Fatigue Resiliency Program on Cancer Program Staff: A Pilot Study

Olivia Moretti

University of Windsor, morettio@uwindsor.ca

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**EXAMINING THE IMPACT  
OF A COMPASSION  
FATIGUE RESILIENCY  
PROGRAM ON CANCER  
PROGRAM STAFF: A  
PILOT STUDY**

**UWillDiscover  
2016  
Olivia Moretti**

# WHAT IS COMPASSION FATIGUE?

**BURNOUT**  
**+**  
**SECONDARY TRAUMATIC STRESS**  
**=**  
**COMPASSION FATIGUE**

# SYMPTOMS OF COMPASSION FATIGUE

## AT WORK

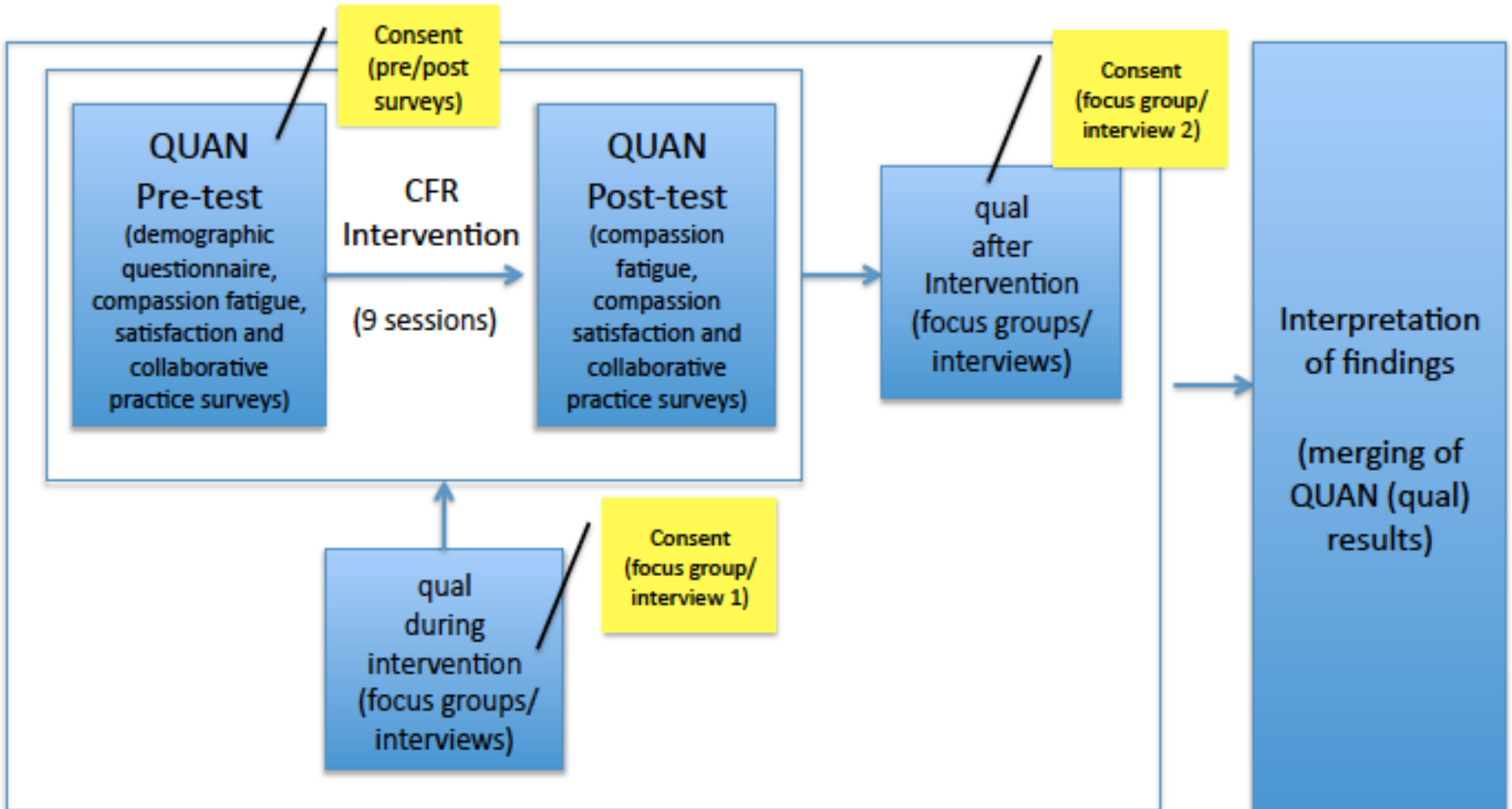
- Nervous
- Cynical
- Pessimistic
- Angry at co-workers
- Dreads work
- Guilt

## AT HOME

- Trouble with sleep
- Nightmares
- Loss of interest in social activity
- Relationship strain
- Appetite changes
- Low self-esteem

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## Embedded Experimental Study Model



**WHAT DID WE FIND?**

# FINDINGS

- “It’s made me a lot more aware about what the symptoms are, you can really begin to see it in people or yourself that you maybe haven’t noticed before.”
- “It gave me permission to say, I need to take care of myself”
- “If you have balance, you’re taking better care of yourself. You’re going to be a lot happier with what you do. That’s going to benefit your patients and yourself.”

# FINDINGS

- “We are aware we need help. The nice thing for us is it’s a supportive environment. I think if this was all individual we wouldn’t go”
- “You recognize what’s urgent and what’s not and where to draw the line because at the end of the day when you go home late, you’ve got to look after your family and they suffer and you suffer.”



**WHAT'S NEXT?**